

Courier

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County employee hits the boxing circuit

Watch out for The Razor." That's very good advice if you are a boxer, because "The Razor" is the boxing name of

Orazio

Robinson, an employee of the Division of Solid Waste Collection and Recycling at the Newington facility. Several people in the boxing community just transferred his real name to a nickname.



Orazio Robinson, Fairfax County boxer

Robinson, who is only 21 years old, officially started boxing when he was eight years old, the earliest age that boxing rules

allow competition. "I was hanging around the gym, watching the guys train and they showed me how to wrap up hands to prepare for fights. I got hooked," Robinson said. "It's a great sport that keeps me physically fit

See Orazio, page 2

SeniorNavigator: Pointing the way for adults with disabilities

My mom lives alone, in a small town on the Northern Neck of Virginia, and I needed to find some resources to help her cope with the disabling pain of arthritis," said **Belinda Buescher**, public information officer for the Department of Family Services. "The first time I used SeniorNavigator, I

found excellent medical information about arthritis, plus practical details about water exercise classes available right there in her community. I was impressed."

Seniors and adults with disabilities often find it difficult or confusing to navigate the network of information and services available to

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Orazio, from page 1

and one which I hope I can develop professionally."

Robinson actually has two jobs – three, if boxing is included. After he finishes his shift on the collection truck, he then works as the assistant boxing coach for the Arlington County Parks and Recreation Services at the Barcroft Fitness Center. Helping him develop and keep to a good training program are his boxing coach, **Willy Taylor**, an Arlington County government employee, and his father, **Henry Robinson**, also an employee of the solid waste collection facility in Newington. While Taylor trains Robinson in the art of boxing, his father serves as his manager, trainer and "fatherly advisor."

According to Taylor, Robinson is a very talented young man. "Orazio is one of the best young fighters I've ever worked with. He seems to have the instincts to do the right thing when he's in the ring. But above that, he has the motivation and dedication to keep getting better," said Taylor, whose program keep about 50 young people actively involved in boxing.

During Robinson's young boxing career, he has gone to the national Silver Gloves competition, coming in second place twice in his category. According to his coach, Robinson is considered one of the best upcoming young boxers in Virginia.

Robinson turned professional a while ago, opening the door to more and a better caliber of fights. Because of their jobs, his father keeps fights in the local area. So far, Robinson has had matches from Baltimore to Richmond, including some bouts in Washington, D.C. where there is a large boxing audience. He now boxes in the middle weight category.

So, how does a young man with two jobs find time to prepare for a fight? According to his father, the young boxer's work is a good part of his training. "Orazio

gets up at 4:30 a.m. every day and puts in about six hours on the truck," said his father, pointing out that he gets lots of

physical exercising running by the truck and emptying the heavy recycling containers.

After he gets off work and takes a short rest,

Robinson hits the road for jogging to further build his stamina and endurance, and then to the gym to work on his boxing technique. "Shadow boxing, heavy bag work, rope skipping and sparring all help him improve his technique," his father pointed out.

Although Robinson has had more than 150 fights as an amateur, he has had nine professional fights since turning pro, so far achieving a very successful record of six wins (five of those knockouts), one loss and two draws. He said his most memorable fight was against a Russian national champion. "I was supposed to be the real underdog in this fight but I knew I could do something," he said, as his father proudly noted that his son held the more experienced Russian to a draw. "I think Orazio would actually have gotten the decision had he not been so young," he said.

Taylor feels strongly about the county sports activities, pointing out that the boxing program, for example, keeps kids involved in an activity that not only teaches a safe sport but emphasizes personal discipline, respect for others and the rewards of hard work. "I enjoy seeing how happy some of these young people are when they do well in a match," he said.

Anyone who has seen the movie *Cinderella Man* understands there has to be a lot of pain in boxing. "Yeah, it's tough sometimes," agreed Robinson, "but it's not as bad as it looks when you are in shape and have been taught well." Does he ever get scared?

See Orazio, page 3



Henry Robinson, Orazio and Willy Taylor

Ticket information is on the Patriot Center Web page at www.patriotcenter.com/news/boxing_050727.shtml.



The Razor

Orazio, from page 2

"Nope. I love the competition," he smiled. "I'm confident in myself, in my abilities and my training. I'm thankful for those who are helping me, especially my father and my coach. I always want to do better and I believe I will."

What does the future hold for this young boxer? "I think Orazio has a very promising future in boxing," said Taylor. "He is only 21 and should be at his best in a couple of years. I think this is a name the boxing world will be seeing a lot in the future."

People can see The Razor box on Sept. 17 at the George Mason University Patriot Center.

Billed as the *Battle for Virginia*, this is one of the first times that a fight card is being offered at the Patriot Center and will headline **Jimmy Lange**, Great Falls resident and contestant on the recent NBC reality show, *The Contender*. For more information on tickets, visit the Patriot Center Web page at www.patriotcenter.com/news/boxing_050727.shtml. ■



Orazio Robinson (r) with some of the kids in the boxing program.

SeniorNavigator, from page 1

them. Family caregivers frequently don't know where to start, or even what questions to ask, to find the support they need. Sometimes the right information or service at the right time can make the crucial difference in determining whether an older person or an adult with a disability can continue to live at home.

In response to this need, Fairfax County is partnering with SeniorNavigator, a Web-based statewide information service that provides health and aging information and resources for seniors, adults with disabilities and caregivers in Virginia.

This valuable resource – seniornavigator.org – is designed to be fully accessible by persons with disabilities and focuses on health, legal and financial services; housing and health facilities; and community services and caregiving.

Special features of seniornavigator.org include:

- ♦ Access to a database of nearly 19,000 local public and private services in Virginia.
- ♦ The ability to search for resources by specific type and/or ZIP code.
- ♦ Information on health and aging – from assisted living facilities to fitness; from adult day care services to Alzheimer's support groups; from flu shots to assistive technologies.
- ♦ Hundreds of informative, authoritative articles on health and aging.
- ♦ An "Ask the Expert" feature that lets you

ask questions that are answered confidentially by specialists in various disciplines.

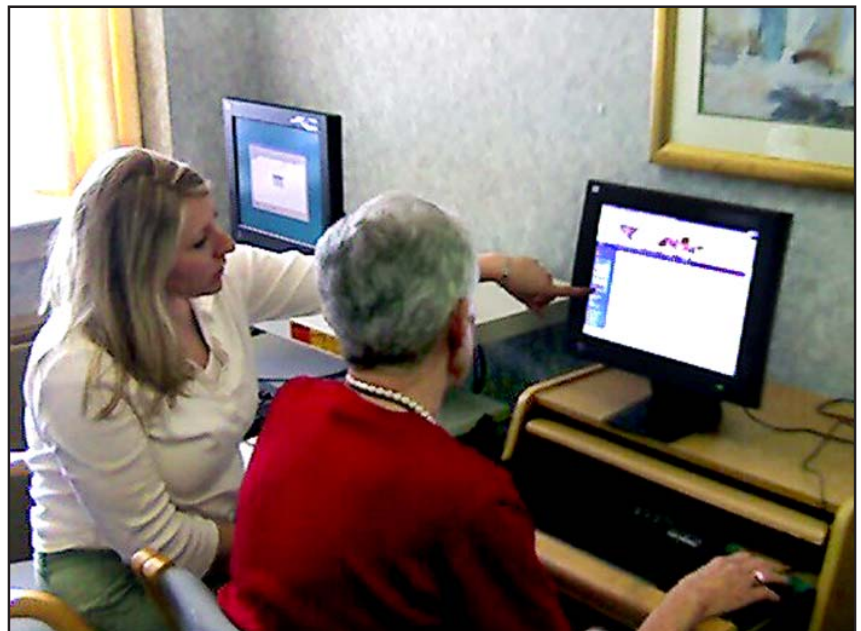
- ♦ A "Needs Assessment Tool" to help guide your search for services.

Fairfax County employees and residents can access the SeniorNavigator site either directly, from www.seniornavigator.org or through the county's Web site at www.fairfaxcounty.gov/seniors.

For county residents who do not have access to home computers, SeniorNavigator Centers have been established in public and private locations throughout the county, including libraries, community centers, and senior centers. All centers have trained staff

See SeniorNavigator, page 4

Karen Albers-Froehlich (left), director of the *Lincolnia Senior Center*, shows center participant *Sylvia Joseph* how to use seniornavigator.org.



Access the SeniorNavigator site either from www.seniornavigator.org or through the county's Web site at www.fairfaxcounty.gov/seniors.

SeniorNavigator, from page 3

who use the SeniorNavigator Web site to help residents find local support services.

County government employees from various departments and programs have worked together with SeniorNavigator staff to create this resource for the community. The Fairfax Area Agency on Aging, of the county's Department of Family Services, provides the ongoing coordination of the service.

"SeniorNavigator is a great way to get information - day and night," said **Grace Starbird**, director of the Fairfax Area Agency on Aging.

"The partnership between SeniorNavigator and Fairfax County came about through the efforts of staff members from many county

agencies working closely with SeniorNavigator staff," she added. "Together we're making sure that the service has up-to-date information about county programs, that SeniorNavigator Centers have trained staff to help local residents use the resource, and that there is a seamless link between the county and SeniorNavigator Web sites. All of us are working together to provide the best possible service for our seniors and adults with disabilities, and for those who care about them."

You'll read more about SeniorNavigator in periodic NewsLink announcements or you can call Senior Navigator toll-free at 1-866-393-0957, TTY 711, if you have immediate questions. ■

Youth Workers help recommend gang prevention measures

Front row: Scarleth Garcia, Patricia Franckewitz; back row: Willy Canas, Jasmine Ramirez, Kevin Sanchez and Yesenia Tobar.

This summer, the Department of Community and Recreation Services hired five Annandale High School students as Youth

Workers. The positions were created by the Board of Supervisors and the Council on Gang Prevention to get a young person's perspective on county gang-related programs

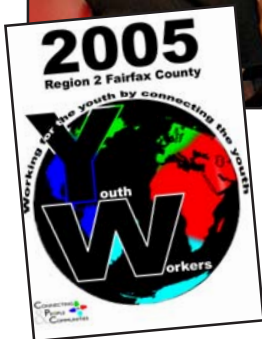
and services. Bob Bermingham, the county's gang prevention coordinator said, "For government and the community to solve the gang issue, it is imperative that we listen to the ideas of our youth in the community. Their feedback is essential to mitigating this problem." The Youth Workers – **Willy Canas, Scarleth Garcia, Jasmine**

Ramirez, Kevin Sanchez and Yesenia Tobar – had made a presentation to the board in April about gang-related issues.

The Youth Workers were given three specific goals – assessing sites and programs, forming a marketing plan and creating a gang prevention program. Some of the centers evaluated were James Lee Community Center, Bailey's Community Center and Culmore Teen Center. They made recommendations for the facilities, programs and services. A marketing plan was developed on how to get youth into the centers rather than involved with gangs. A gang prevention program was created and implemented to target youth involved with gangs.

The Youth Workers presented their findings and recommendations to **Patricia Franckewitz**, director of Community and Recreation Services, on Aug. 25 and will give their final report to the Coordinating Council on Gang Prevention in October. The report will then be sent to the Board of Supervisors. The Youth Workers hope that their efforts will make a difference in young people's lives.

- by Willy Canas, Scarleth Garcia, Jasmine Ramirez, Kevin Sanchez and Yesenia Tobar



Spend 2005 flex money by Dec. 31

If you are participating in the Medical Spending Account and/or the Dependent Care Account this year, you have until Dec. 31 to incur expenses that can be reimbursed out of your 2005 account, even though you have until Mar. 31, 2006, to file the claims for those expenses.. If you don't incur enough expenses to exhaust the amounts in either of these accounts by the end of the year, you will forfeit the remaining balance.

Remember, you can be reimbursed for eligible medical expenses for yourself and any eligible tax dependents. The charts provide examples of the types of expenses that can be reimbursed under both accounts.

Employees should begin to decide how much money to put into their Medical Spending and Dependent Care Accounts for 2006. You may wish to make appointments with your doctor and dentist to find out how much you may need to put away next year

Examples of expenses eligible for Dependent Care Account reimbursement, for children under age 13 or adult tax dependents incapable of self-care**:

- ♦ Child daycare
- ♦ Adult daycare
- ♦ Nursery or pre-school
- ♦ After-school programs
- ♦ Summer daycamp programs (no overnight camps)
- ♦ Dependent care or childcare centers

**Eligibility for reimbursement is subject to IRS rules regarding the care-giver, the tax dependent and the services provided.

for any planned procedures or services, such as orthodontia or surgeries. If you participate in the Dependent Care Account, you also should plan for next year's child care expenses.

For more information on reimbursable expenses and flexible spending accounts, contact Ceridian at 877-799-8820 or through their Web site at www.ceridianfsa.com. ■

Examples of expenses eligible for Medical Spending Account reimbursement, if not reimbursed elsewhere:

- ♦ Medical/Dental plan deductibles, copays, coinsurance
- ♦ Prescription drug copays
- ♦ Eyeglasses
- ♦ Contact Lenses and Cleaning Solutions
- ♦ Prescription sunglasses
- ♦ Diabetic supplies
- ♦ Blood pressure monitoring kits
- ♦ Chiropractic Services; Physical Therapy
- ♦ Hearing Aids
- ♦ Orthodontia
- ♦ Corrective eye surgery, including laser vision correction
- ♦ Certain over-the-counter drugs, including allergy medicine, cold relief, pain relievers, smoking cessation, antacids, stomach remedies, foot treatments, eye/ear treatments*

* Ineligible over-the-counter expenses include cosmetics, sunblock and toiletries. No reimbursements will be considered at this time for the following without a physician statement: acne medicine; dietary supplements; herbal, homeopathic or naturopathic remedies; minerals; nutrients; vitamins; amino acids; hormones; enzymes; hair growth treatment or weight-loss products.



Focus on Benefits

**HR Central,
703-324-3311,
TTY 703-222-7314**

Call for nominations for URS Board of Trustee position

Nominations are being accepted for a member of the Uniformed Retirement System Board of Trustees to be elected by sworn employees of the Office of the Sheriff, Helicopter Pilots and Animal Control Officers. Currently, the position is held by **Charles Formeck**, whose term expires on Oct. 31, 2005.

Eligible employees include those employed by the Office of the Sheriff and Police Department who are members of the Uniformed Retirement System. Nomination petitions are available from the Police Department's and Office of the Sheriff's Payroll Section or from the Department of Human Resources. Petitions must be returned by 4:30 p.m. on Sept. 9. If two or more candidates are nominated, the election will be held approximately Oct. 3-6. The winner of the election will serve a four-year term beginning Nov. 1. Voting information will be made available at a later date.

Please contact Bob Fitzpatrick, Department of Human Resources at 703-324-3306, TTY 711, or Robert.Fitzpatrick@fairfaxcounty.gov if you have any questions. ■

When retiring means a new beginning



Gale Morgan is retiring after 18 years as the administrative associate for the county executive. During this time, she has worked with five full-time and interim county executives and met countless county employees and area residents. "I have loved my job," she said, pointing out that meeting so many interesting people is one of the things that made the job so great.

Gale didn't have to venture far from home to begin her career with Fairfax County. She was born and raised in

Oakton, Virginia, and continues to live there with her husband – **Bob Morgan**, county leasing manager – two daughters and a college-bound son.

When Gale is not keeping track of executive schedules, she enjoys more than a few hobbies that include cooking and being a mom in girl scouts, gymnastics, band, soccer and "whatever else the family gets into."

What is she going to do now with all this free time? "I plan to spend more time with my family and enjoy my children as they grow up all too fast," she said. She also will keep busy with a part time job working for **J. Hamilton Lambert**, former county executive and executive director of the Claude Moore Charitable Foundation. "Working for the foundation and J. Lambert again will be a wonderful new adventure. I'm excited," she said.

In closing, Gale asked to express her admiration and respect for the county employees. "The county has the greatest group of employees. They make us all look good," she said. And Gale is one of them, for many years, presenting a wonderful image of Fairfax County. ■

County employees and others are invited to a retirement reception for Gale Morgan, Friday, Sept. 9, from 2 – 4 p.m. in conference rooms 9/10, Fairfax County Government Center. If questions, please contact Cathy Maynard, 703-324-3239, TTY 711.

Register or update your emergency information at <http://infoweb/emergency/ean>

Fairfax County Prepares

Fairfax County Government cable Channel 16 will air a special one-hour program during September, which is National Preparedness Month, called "Fairfax County Prepares." The program will feature county agencies and staff discussing the four phases of emergency management – mitigation, preparedness, response and recovery.

The Channel 16 schedule page (www.fairfaxcounty.gov/cable/channel16/schedule.htm) has exact broadcast times. The program is also available on Channel 16's video-on-demand service at www.fairfaxcounty.gov/cable/channel16/vod.htm.

National Preparedness Month is a nationwide effort held each September to encourage Americans to take simple steps to prepare for emergencies in their homes, businesses and schools. It is co-sponsored this year by the U.S. Department of Homeland Security and the American Red Cross. At its Sept. 12

meeting, the Fairfax County Board of Supervisors is also expected to proclaim September as "Fairfax Prepares Month" in Fairfax County.

As county employees, one way you can become better prepared is to ensure that your profile is up-to-date on the Emergency Alert Network. Please go to the Infoweb (<http://infoweb/emergency/ean>) and update your account or register if you are a new county employee.

Fairfax County uses the EAN to contact employees during a major crisis or emergency by delivering important emergency alerts, notifications and updates to any or all of your registered technology devices, such as e-mail, cell phone, pager or PDA. Keeping your information current is extremely important so that you can be contacted in case of an emergency or severe weather event affecting your work location. ■

Briefs

Connect with your community at Volunteria

The Reston Community Center and Reston Association invite you to attend the annual Volunteria, Thursday, Sept. 22, from 6 to 8 p.m. at the RCC Hunters Woods facility, Hunters Woods Shopping Center, 2310 Colts Neck Road in Reston.

This event is where volunteer coordinators can network with their peers, increase community awareness of their organization and its mission, and even recruit volunteers. Participants also will enjoy light refreshments and have a chance to win door prizes. Volunteer coordinators from county agencies and schools are especially encouraged to attend. For further information, directions or to request a reasonable accommodation, contact the Reston Community Center at 703-476-4500, TTY 711, or visit the Web site at www.restoncommunitycenter.com.

Nominations for the Barbara Varon Volunteer Award

Nominations are being accepted for the Barbara Varon Volunteer Award, given annually to recognize a county resident whose volunteer service honors the memory of Barbara Varon, former chairman of the Fairfax County Electoral Board. Nominees must live in Fairfax

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County, demonstrate an appreciation for diversity, exhibit patriotism, show evidence of having a positive effect on the community and be known for encouraging others to do the same. Nominations must be received no later than Sept. 16. Applications are available at www.fairfaxcounty.gov/oep/bvaronapp.pdf, or applicants can call the Office of Equity Programs at 703-324-2207, TTY 703-222-5494, for more information.

Millennium Forum Sept. 22, 10:30 a.m. Board Auditorium

Mediation class offered

The Fairfax County Office of Alternative Dispute Resolution & Appeals, in conjunction with the Fairfax County Public Schools Safe and Drug Free Youth Section, will hold Basic Mediation Training classes on Sept. 12, 13 and 14 from 8 a.m. to 4 p.m. Open to all employees, the 24 hours of training teaches strategies for resolving conflict and also meets the general training requirement for certification as a mediator in Virginia. For more information and to receive a registration application, please contact the Office of ADR & Appeals at 703-

Briefs

324-3349 or 703-324-3361, TTY 711, ADR&Appeals@fairfaxcounty.gov. For reasonable ADA accommodations, please contact **Pat Baerwald** at 703-324-3348, TTY 711.

Calling all volunteers

The 13th annual Fall for Fairfax festival scheduled for Saturday, Oct. 1 at the Fairfax County Government Center needs your help! Volunteer just a few hours at this family-friendly event and receive a unique T-shirt, free beverage and a fun-filled day celebrating community spirit. Positions range from program area assistants, event monitors, check-in volunteers and many more. To volunteer please contact **Emily Swift** at 703-324-5457, TTY 711, or Emily@celebratefairfax.org.

New planning publication on county Web page

Planning Communicator, a new quarterly publication of the Fairfax County Planning Commission, highlights the activities performed by the commission and its committees. The publication can be seen at www.fairfaxcounty.gov/planning under the Publications header. Please contact **Henri Stein McCartney** at 703-324-2871, TTY 703-324-7951, for additional information or to send story ideas. ■

9/11 Remembrance Ceremony

You are invited to the fourth annual 9/11 Remembrance Ceremony, Sunday, Sept. 11 at 7 p.m. at the Government Center, 12000 Government Center Parkway, Fairfax. Employees, families and the public are encouraged to arrive by 6:45 p.m. at the Forum in order to proceed to the 9/11 Memorial Grove Garden where a candle-light and wreath-laying ceremony will help remember the events of Sept. 11, 2001. Board of Supervisors Chairman **Gerald E. Connolly**, Police Chief **David Rohr**, Fire Chief **Michael Neuhard** and others will offer remarks. The rain site is the Forum. Refreshments will be served. For more information or reasonable ADA accommodations, call 703-324-3187, TTY 711. ■



The new
Communication
Strategy gives you
standard formats
to use.
Find them
and more
on the Infoweb at
[http://infoweb/cex/
commstrategy/](http://infoweb/cex/commstrategy/)

All Fairfax Reads

Celebrate the closing event of All Fairfax Reads at 7:30 p.m. on Sept. 20 in the Board Auditorium, Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, with a live presentation by **Khaled Hosseini**, author of "The Kite Runner." A maximum of four tickets may be reserved beginning Sept. 6 by calling 703-324-8414, TTY 711, or e-mailing libraryevents@fairfaxcounty.gov. Doors open at 7 p.m.; unclaimed tickets and available seats will be released by 7:20 p.m.

Khaled Hosseini speaks
7:30 p.m., Sept. 20
Board Auditorium

Modeled on community reading efforts held across the nation, All Fairfax Reads encourages Fairfax County residents to read and discuss one book, fostering community dialogue on issues that affect everyone. For more information on this year's selection, check out the reader's guide on the library's Web page at www.fairfaxcounty.gov/library. ■

Retirement benefit statements mailed in August

The Retirement Administration Agency mailed annual retirement benefit statements to all active members of the Fairfax County Employees', Police Officers' and Uniformed Retirement Systems at the end of August. Retirement benefit statements are based on current salary and years of service as of June 30, 2005 and do not take into account any payroll market scale adjustments, promotions or other changes after June 30, 2005.

For full-time employees, these statements provide detailed information including total contributions to date, interest earned and estimates of when the employee is eligible to retire. The statements include estimates of benefits payable to retiring employees at various ages and include beneficiary information. Benefit estimates DO NOT reflect leave without pay or sick leave balances, nor do they include any adjustments to average final compensation for those whose merit increments were deferred in FY92 and FY93. Adjustments must be made to your service date to more accurately depict your retirement eligibility date and pension amount if you have had part-time service or breaks in service during the course of your county employment. For example, if the Benefit Service displayed, includes time periods you did not contribute to the retirement system, your retirement eligibility dates and benefit estimate will not be accurate.

Benefit statements contain estimates that reflect retirement system records as of June 30, 2005. Please review this data for accuracy. Corrections can be made by calling or writing the RAA and asking for a

Research Request form or Beneficiary Change Card to be mailed to you.


For part-time employees, statements include information on beneficiary, contributions and interest. Part-time employees within one year of retirement can receive a detailed estimate of their benefits by calling the RAA or visiting during walk-in hours of 11a.m. to 2p.m., Monday through Friday, to complete a Request an Estimate form. Estimate requests are limited to one per employee.

Benefit estimates do not include any accrued sick leave. Each 172 hours of sick leave is equal to one month of service should you wish to calculate sick leave.

Changes to beneficiary information must be made in writing to the RAA by completing a Beneficiary Update card found on the agency Web page under Time Savers.

Members who do not receive a Benefit Statement by September 23, should contact the Retirement Administration Agency.

You may contact the Retirement Administration Agency at 703-279-8200, TTY 711, or visit the agency's Web page at www.fairfaxcounty.gov/retbrd for forms and information. ■



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